

TEEN & ADULT CLASSES

ART

Artistic Italian Tiles

Create beautiful "old world" Spanish and Italian glazed tiles in the style of Majorca. Using some ancient designs and incorporating contemporary ones, your hand painted tiles will delight and surprise you. Material fee for tiles is due to instructor at first class (\$7 -\$12 for tile, glaze and fire fees).

Instructor: Margo Gravelle

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs +	Thu	9:30am-12:30pm	3/31	3	\$52

Basic Drawing

This is the perfect "starter" class for the first time art student. Classes will include working with charcoal, chalk pastels, graphite and colored pencils. Materials list required.

Instructor: Paulette Roussel

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	6:30-8:30pm	3/29	7	\$70

Drawing II

This class will cover more advanced drawing techniques to achieve a greater understanding of the basics, while adding to them. We will cover topics such as design, composition, and unique style, among others. This second level course is for those trying to further their fundamental artistic knowledge. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13-17 yrs	Mon	7:00-7:45pm	3/28	10	\$65

Drawing with Prismacolor Pencil

Prismacolor pencils are a pure and brilliant medium that can help you produce amazing images. Course includes composition, color-blending, mixed-media, and special wet-blend techniques. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	1:00-3:00pm	4/1	6	\$68



Drawing Techniques

Students will learn different ways of drawing utilizing different materials. A great class for the beginner or intermediate student. Classes will explore different aspects of perspective drawing, composition, texture and value studies. Materials list required.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	3/29	6	\$65



Jewelry Making Basics

Create jewelry you'll want to wear. You will learn the skills to make necklaces, bracelets and earrings with beads of your choice and color using proper jewelry tools. Materials will cost approximately \$70. Materials list required.

Instructor: Paulette Roussel

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	1:00-3:00pm	3/28	7	\$70
13 yrs +	Thu	1:00-3:00pm	3/31	7	\$70

Jewelry Making with Precious Metal Clay (Silver & Bronze)

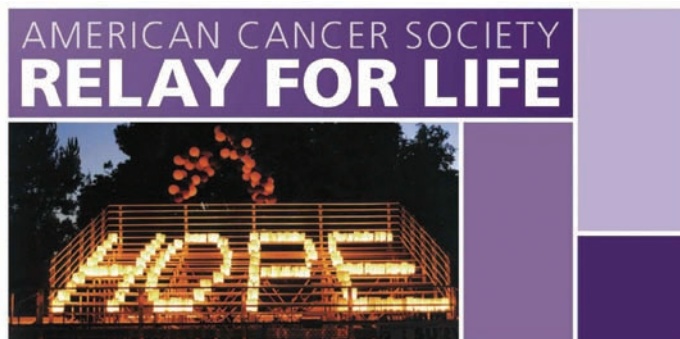
Learn to make your own unique jewelry from this amazing clay-like material which fires to pure metal. Roll, coil, or stamp the silver or bronze clay, then add synthetic stones if desired. We will cover how to polish and patina the fired pieces. Instructor will provide tools for your use in class, and will have on hand for sale Bronze (Bronzeclay-about \$25), Silver (PMC3-around \$50 and PMC 'Paper Clay around \$16) for sale, as well as embeddable synthetic stones. A \$10 firing fee is due to the instructor at the first class.

Instructor: Joan Gamberg

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:30am-12:30pm	4/30	3	\$78

TEEN & ADULT CLASSES



**Walk With Us and Help Finish
The Fight Against Cancer!**

Relay For Life of Burbank

May 14-15, 2016
9:00 a.m. – 9:00 a.m.

Robert Gross Park
2814 W. Empire Ave.
Burbank, CA

Start or join a fundraising team today. www.relayforlife.org/BurbankCA

Live Model Workshop

This workshop is designed for those who can paint and/or draw independently, without instruction, using any media. Registration includes model fee. Class minimum registration of 8 students must be reached by March 25. Registration begins on February 24. Checks for this class must be made out to: Fine Arts Federation. Registration is accepted at the Creative Arts Center only.

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	9:30am-12:30pm	3/30	8	\$70



Painting, Introduction to

Whether this is your first opportunity to explore the world of art or you are already into it and need some guidance and direction, this class is for you. Acrylics or oils are welcome. Supplies will be discussed at first class. Please bring newsprint pad 18 x 24 and a \$2.50 material fee for a "Pentel" pen is due to the instructor at the first class.

Instructor: Margo Gravelle

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	9:30am-12:00pm	4/21	6	\$90

Painting with Acrylics

Acrylics are brilliant, water-based paints, quick-drying, and easy to use. Unleash your inner potential under the confident guidance of award-winning artist, Johnathon Gallagher. This versatile medium is chosen by most modern painters; learn the secret techniques from an artist painting with acrylics for over thirty-five years. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Fri	3:30-5:30pm	4/1	6	\$68

Painting Mixed Media - Intermediate

Open class for the seasoned painter - Acrylics or oils? Gouache or cassein? Watercolors or pen and ink? How do you combine these mediums to create multi-media works of art? Be introduced to combinations that work well together, under the versatile guidance of a multi-media artist. Draw and paint with your chosen medium. Materials list required.

Instructor: Johnathon Gallagher

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Tue	3:30-5:30pm	3/29	6	\$68



TEEN & ADULT CLASSES



Painting, Watercolor Impressions

The class will focus on watercolor techniques, composition, tonal values, color, design, and texture. Students will learn how to see with an artist eye, how to simplify the scene into larger shapes, the magic of watercolor through demonstrations, personal instruction and objective criticism. Your subject will include the still life, portrait, landscape, and architectural features. Open to dedicated watercolorists of all levels. Supply list is available on website. A \$10 material fee is due to instructor at first class.

Instructor: Valia Hristova

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	6:00-8:00pm	4/4	8	\$90

Painting, Watercolor

Explore the variety of experimental techniques with water base paints. A lesson is given each week with a demo. Students may work on their projects as well. A critique will be given each week on class or individual projects. All levels welcome. Supply list is available. A \$10 material fee is due to instructor at first class.

Instructor: Pam McDonald

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	9:30-11:30am	4/4	8	\$90

Pen and Ink with Watercolor

This class will cover art basics with the ink pen and then move into using watercolor wash to enhance our finished pieces. We will explore drawing from life and creating new pieces from our imagination. All levels welcome. A \$10 material fee is due to instructor at first class.

Instructor: Lin Rhys

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	3/30	8	\$75

Polymer Clay

Get creative with polymer clay. We will be exploring its many uses in this class, from jewelry to home décor, beautiful gifts and much more. A \$20 material fee is due to instructor at first class.

Instructor: Lin Rhys

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	4:30-5:30pm	3/28	8	\$40

Pottery

Level 1 - Beginning: Students will learn various methods of hand construction with high fire stoneware clay. Pinch, slab and coil techniques and introduction to glazing will be covered. No pottery wheel instruction. **Level 2** - Intermediate: Classes will include individual instruction in the techniques of wheel throwing, hand building and glazing. Students will expand upon their knowledge of what was learned in Level 1 classes. Prerequisite: Level 1. **Level 3** - Advanced: Students need experience hand building, throwing on the wheel and glazing techniques. Prerequisite: Level 2 and instructor approval required. NO PRODUCTION POTTERY ALLOWED.

Creative Arts Center

Level 1 Instructor: Debbie Henson

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	1:00-3:00pm	3/31	9	\$58

Levels 1 & 2 Instructor: Jack Paul Miller

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	7:00-9:00pm	3/28	9	\$58
18 yrs +	Tue	6:00-9:00pm	3/29	9	\$80

Level 2 Instructor: Judy Springborn

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Wed	7:00-9:00pm	3/30	9	\$58

Level 2 Instructor: Veronica Ferrantelli

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	6:00-9:00pm	3/31	9	\$80

Level 2 Instructor: Barbara Rog

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-11:30am	3/29	9	\$58
18 yrs +	Wed	9:30-11:30am	3/30	9	\$58
18 yrs +	Thu	9:30-11:30am	3/31	9	\$58

Level 3 Instructor: Claude Hulce

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	1:00-3:00pm	3/29	9	\$58



TEEN & ADULT CLASSES



Pottery, Friday Night at the Pottery Studio

This class is designed for beginning through advanced pottery students. Beginners will learn the basics in pottery making, while intermediate/advanced students may work on their own projects with technical assistance from the instructor, if desired. Materials list required for beginning students.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
14 yrs +	Fri	4:00-7:00pm	4/1	9	\$80

Pottery Techniques

This class is designed to teach you the skills to realize your creative pottery ideas. Explore a variety of pottery forming techniques using hand building and wheel work. Then experiment with various types of surface decoration. Beginners are welcome, but wheel throwing will not be taught. Materials list required for beginning students.

Instructor: Debbie Henson

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	12:00-2:30pm	3/28	9	\$73

Pottery, Wheel and Glaze

Learn how to throw, trim and glaze in this comprehensive class. This class is designed to help the beginner through advanced student improve and develop their pottery skills. Basic and advanced glazing techniques will be taught. Hand builders are also welcome. Materials list required for beginning students.

Instructor: Michael Hirsh

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
15 yrs +	Wed	1:00-3:00pm	3/30	9	\$63

Sculpting with Extruded Clay Forms

Students will be instructed on how to create functional and decorative pieces; vases, lidded boxes or free standing figurative sculptures, and how to incorporate extruded forms into their projects. Basic introduction in anatomy and proportion for sculpting the human figure, animal and geometric forms will be provided. Beginning students will start instructed projects designated by the teacher, while the advanced students may work independently. A \$10 non-refundable supply fee is included in the class fee. Glaze and firing fee apply. Materials list required for beginning students.

Instructor: Jack Paul Miller

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	4:00-6:00pm	3/28	9	\$70

Spinning Fiber for Yarn

Learn to spin your own yarn using a hand spindle or spinning wheel. Learn to prepare fiber for spinning and how to ply the yarn for use in knitting, crochet or weaving. Equipment provided or bring your own. For all levels. A \$8-\$15 material fee is due to instructor at first class.

Instructor: Anna Zinsmeister

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	5:45-8:45pm	3/31	9	\$92

Storytelling and Character Design

This class will cover the basics of storytelling and character design to achieve a complete story that has fully formed characters. We will cover topics such as appeal, story arc, concept, and emotion, among others. This beginner class is for those trying to visually tell a story for a first time. A \$10 material fee is due to the instructor at the first class.

Instructor: Noah Fontana

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
17 yrs +	Mon	8:00-8:45pm	3/28	10	\$75



Weaving

Learn the techniques of inkle, rigid heddle two-shaft, or four-shaft weaving. Try them all, then choose your favorite and make projects including scarves, placemats, bags, camera straps, and belts. Equipment provided or bring your own.

Instructor: Anna Zinsmeister

Creative Arts Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	5:45-8:45pm	3/30	9	\$92

DANCE

Bachata Dance

The romantic partner dance of the Dominican Republic is simple yet sensual. We will teach you the steps, turns and combinations in a fun and easy to learn way. Come join us.

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	3/29	10	\$90

Ballet

Classical ballet improves concentration, flexibility, endurance and is used as a foundation for other dance forms. The fundamentals of classical ballet technique are introduced and developed in this class which includes barre, floor stretch, and center work. Barre work will start at the introductory level and progress in difficulty over the session.

Instructor: Sandra Aiena Dixon

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	7:15-7:55pm	3/31	10	\$65

**Olive Recreation Center Instructor approval required*

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	6:45-7:40pm	3/30	10	\$75

**Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.*



Ballet/ Contemporary/ Jazz Combo

In this class your teen will be introduced to the difference between ballet, jazz and contemporary. They will work to gain strength, flexibility and muscle tone, while practicing basic moves and choreography. All students must have ballet/ jazz shoes.

Instructors: Heather River's Little Stars

Rock Star Dance Fitness

517 N Glenoaks Blvd., Burbank, CA 91502

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Sat	1:15-2:15pm	4/2	5	\$60



Ballroom Dance Class

Learn all the "Basic Steps" to all these dances: East Coast Swing, Rumba, Tango, and Waltz. All dances are choreographed to make you look like a "PRO". Please wear smooth soled or professional dance shoes.

Instructor: Rikki Barton

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:00-8:00pm	3/30	10	\$58

Bellydance

Level 1A is a basic introduction to Bellydance for persons with no prior experience or for those who would like to polish their basics. **Level 1B** continues developing technique and step patterns from L1A, adding the use of basic veil technique and zills (finger cymbals). **Level 2** students expand on basic form, adding more complex rhythm, styling and props. Recommended: Mastery of step and movement patterns, veil and zill techniques taught in Level 1B or equivalent.

Instructor: Zahra Zuhair

Olive Recreation Center

Level 1A

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	6:30-7:30pm	3/28	9	\$72

Level 1B

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Mon	7:30-8:30pm	3/28	9	\$72

Level 2

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	6:30-7:30pm	3/31	10	\$80

Bellydance: Jawahare Performance Class

Jawahare (Jewels) is a faster paced performance and choreography class for experienced students, with focus on concentrated practice for Spring Fling, and other performances through the year.

Instructor: Zahra Zuhair

Olive Recreation Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	7:30-8:30pm	3/31	10	\$80

TEEN & ADULT CLASSES

Country Line Dance

Line dancing can motivate your mind, add fun to your life, and help you lose weight the easy way. New dancers are always welcome to this easy going dance class. All dance patterns will be explained, so that you can have fun without getting all sweaty.

Instructor: Ruth Welch

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Fri	7:00-9:00pm	4/1	10	\$26



Dancing with the Seniors **NEW**

With the popularity of ballroom dancing, this class is designed with seniors in mind to avoid injuries and using safe techniques while dancing. It is a fun way to keep active while interacting with others and covering all ballroom dances to all styles of music.

Instructor: Lynell Raiford

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
50 yrs +	M/W	12:30-1:30pm	3/28	10	\$120

Flappers to Rappers; Dancing through the Decades

This class features dance styles from every decade starting with the 20's Charleston and concluding with today's current hip hop styles. Each week we will warm up and learn a fun easy dance to a different decade but give the 50's, 80's and 90's a little more attention. All levels of dancers are welcome. All students must have jazz and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	11:15am-12:15pm	3/31	10	\$62

Hip Hop Dance

This high-energy class contains a blend of several styles of Hip Hop like b-boy and tutting by artists that inspire you to dance. Class includes abs, a warm up, and fresh upbeat Hip Hop choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	12:30-1:30pm	3/29	10	\$62
13 yrs +	Thu	8:15-9:15pm	3/31	10	\$62

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Hula

This class is for experienced students who wish to learn intermediate and advanced level Hula dances, and to improve their Hula dance form, style, and personal expression. The session will also include concentrated practice on Spring Fling and other performance routines. Come for the fun, the exercise, the friendship and the "Aloha." Recommended: Mastery of basic Hula steps and step patterns, and familiarity with Hula dances.

Instructor: Shari Ward

Olive Recreation Center

Level 3

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-9:00pm	3/28	9	\$90

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



Jazz

Get your exercise dancing to the music. This class combines technique and choreography. Burn calories while stretching, turning and learning routines to great music like Peggy Lee's "Fever."

Instructor: Sandra Aiena Dixon

Olive Recreation Center *Instructor approval required.*

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Wed	7:45-8:10pm	3/30	10	\$25

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

TEEN & ADULT CLASSES



Jazz Dance

Jazz, Jazz and more Jazz...lyrical, contemporary and old school Jazz, we do it all. Class includes abs, stretching, and a high energy warm up, technique across the floor and Jazz choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	8:30-9:30pm	3/29	10	\$62
13 yrs +	Thu	12:30-1:30pm	3/31	10	\$62

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Just Dance 45+

This class is designed for the active older adult wanting to maintain their muscle strength, range of motion and flexibility, while improving balance, muscle memory, mental alertness and cardiovascular health. Class includes a warm up and a blend of several styles of Jazz and Hip Hop choreography that will be put into a fun routine. All levels of dancers are welcome. All students must have jazz and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
45 yrs +	Tue	10:00-11:00am	3/29	10	\$55

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Just Musicals:

On Broadway, Off Broadway and Off Off Broadway

This class combines jazz technique with other varieties of dance to create a "Broadway" style. Teens and adults will be introduced to choreography from selected musicals both old and new. Whether it's "Singing in the Rain" or "Mamma Mia," you are going to have a "Wicked" good time. All levels of dancers are welcome. All students must have tennis shoes and jazz shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Tue	11:15am-12:15pm	3/29	10	\$62

Michael Jackson's "Thriller" Finale

Join us as we learn the most celebrated dance of all time, "Thriller", which includes MJ's legendary music video choreography as well as new choreography. This piece featuring all ages and levels of dancers will be the final dance to our flashback series. All levels of dancers are welcome. A \$5 music fee is due to instructor at the first class for new students. All dancers must have tennis shoes.

Instructor: Teri Richardson

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Sat	2:15-3:15pm	4/2	7	\$45

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.

Performance Dance Ensemble (Hip Hop, Jazz and Lyrical)

Designed for the advanced dancer that does more than one style of dance. The technique part focuses on advanced hip hop, jazz, ballet and lyrical combinations which include kicks, jumps and turns needed for each style. The conditioning part focuses on flexibility, strength and endurance needed to improve performance skills. If you have current dance experience and would like to audition, please call the Olive Recreation Center to set up an audition time. All students must have jazz shoes, tennis shoes and soft cloth knee pads for floor work.

Instructor: Amanda "Green" Richardson

Olive Recreation Center Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Thu	3:30-5:20pm	3/31	10	\$94

Students must be enrolled in both the Winter and Spring sessions to perform in the Spring Fling and will be charged an additional costume fee payable to the instructor.



TEEN & ADULT CLASSES



Salsa - Ladies' Styling Spring Fling Routine

This class will take your Salsa turns and styling to the next level – the stage. Strong emphasis on multiple turns, technique, and choreography. Option to perform in the June 2016 Spring Fling performance (additional fee for costumes). What better way to show off your talent to your family and friends?

Instructors: Bodygroove,
Orlando Delgado/Nicole Inman & Hollie Lee

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:15-8:30pm	3/31	10	\$150

Salsa - Level 1

This beginner class will show you the basic steps and hip movements to this fun and exciting dance. No experience or partner necessary. Get ready to move and grove to great Latin music.

Instructors: Bodygroove, Orlando Delgado & Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:30pm	3/29	10	\$90

Salsa - Spring Fling Rehearsal

This class is the rehearsal time for the Spring Fling Team(s) for 2016. Additional fee for costumes.

Instructors: Bodygroove,
Orlando Delgado/Nicole Inman & Hollie Lee

McCambridge Recreation Center

Instructor approval required.

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	8:00-9:30pm	3/28	9	\$45

Solo Dancing - Get Your Body Back **NEW**

Have fun dancing while learning to use muscles that you forgot about. Get yourself back into good health. Great for new parents or for those who know they should get off the couch and join us. Any comfortable or athletic shoes are recommended. No partners needed.

Instructor: Rikki Barton

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	8:00-9:00pm	3/30	10	\$58

Swing Dance **NEW**

This class is for beginners who will learn East Coast Swing, Charleston and Lindy Hop in a relaxed setting. Be introduced to all the basics so you can dance to music from the 30's, 40's, and 50's. No partners necessary and couples welcomed.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	3:15-4:15pm	3/30	8	\$75



TEEN & ADULT CLASSES

MARTIAL ARTS

Hawaiian - Style Jujitsu

Hawaiian-style Jujitsu is a 100yr old system of personal power blending Asian and Hawaiian arts. Dojo members learn comprehensive martial skills such as striking, throwing, joint locking, kicking, escaping, grappling and weapon defense applications (sticks, knife, gun, staff, sword, cord and other) as well as mental/spiritual preparedness. There is a \$35 association fee.

Instructor: Kimo Williams

Verdugo Lower Assembly Building Beginning/Intermediate

Ages	Day	Time	Start	Wks	Fee
16 yrs +	T/W/Th	7:00-9:00pm	4/5	10	\$195
16 yrs +	Sat	1:00-3:00pm	4/9	10	\$135

Advanced

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Sat	3:15-4:15pm	4/9	10	\$35



Karate

Transform your body, sharpen your mind and energize your spirit. The KIBUKAN® system covers all areas of martial arts including evading, striking, grappling and groundwork, offering the best mix of traditional structure, modern training and reality based practical self-defense. Enrich your life, gain confidence, reduce stress and find balance on the path to mastery in a goal oriented, safety conscious environment. *Add Kobudo (Weapons) classes for maximum benefit. A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	T/Th	7:15-8:15pm	3/29	9	\$199
13 yrs +	Sat	11:15am-12:15pm	4/2	8	\$109

Kobudo

Explore the mystique of martial arts weapons for fun, health, physical conditioning and self-defense. The KIBUKAN® system promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups of developing a stronger body, peaceful attitude and sense of balance. A \$55 start-up fee is due to the instructor at the first class for new students.

Instructor: Masters In Motion

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:45-7:15pm	3/29	8	\$69
13 yrs +	Sat	10:45-11:15am	4/2	8	\$69



T'ai Chi Ch'uan

T'ai Chi Ch'uan is an internal Chinese Martial Art. It promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice, one can develop instinctive self-defense skills.

Verdugo Lower Assembly Building

Level 1 & 2 Instructor: Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:45-8:00pm	3/28	9	\$100
13 yrs +	Wed	9:30-10:45am	3/30	10	\$110

Level 1 & 2 Instructor: Iren Jensen

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Fri	9:30-10:45am	4/1	10	\$110

Level 1 & 2 Instructors: Iren Jensen and Dede Nardini

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:00-10:15am	4/2	10	\$110

MUSIC

Guitar (Advanced)

This is a pre-college level class for experienced guitar players. Students must already know a variety of guitar notations, chords and scales. Sight reading, fingerpicking, fingerboard shapes, solo guitar playing and soloing will be emphasized. Students must practice 60 minutes daily. Music fee will vary by student.

Instructor: Kevin Benson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
12 yrs +	Tue	7:00-8:00pm	3/29	8	\$85

Percussion & Hand Drums

Students will have hands on experience with many percussion instruments from shakers, tambourines, claves, and cowbells to congas and bongos. We will learn standard Latin percussion rhythms and learn to play in an ensemble. Earplugs recommended.

Instructor: Bruce Monical

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 + yrs	Mon	5:00-6:00pm	3/28	10	\$130

TEEN & ADULT CLASSES

SPECIAL INTEREST

Beginning/Intermediate Knitting

This class is for both beginners and those who already know the basics of knitting. Beginners will learn the basics: cast on, knit stitch, purl stitch, ribbing, binding off, fringing and weaving in ends. Experienced students will learn pattern reading, shaping, increasing/decreasing lace, cable and more. Materials required: size 11 needles, and two skeins of Jiffy yarn.

Instructor: Alisa M.

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	10:00am-12:00pm	3/28	4	\$52
13 yrs +	Mon	6:00-8:00pm	3/28	4	\$52
13 yrs +	Mon	10:00am-12:00pm	5/2	4	\$52
13 yrs +	Mon	6:00-8:00pm	5/2	4	\$52

Behind the Curtain **NEW**

A great opportunity for the theater fan to learn more about all the different elements of a show. Students will get a quick introduction to many disciplines including acting, improvisation, set and lighting design, playwriting, and directing. A good way to learn to appreciate theater even more and for the theater artist that wants to learn more about other facets of their craft.

Instructor: Kevin Cochran

Grove Theatre Center

1111-B West Olive Ave., Burbank, CA 91506

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	8:00-9:15pm	3/28	8	\$90



Canine Etiquette: The Basics of Dog Obedience

Help make your pet a more enjoyable, well-mannered companion. Classes focus on skills such as sit, down, stay, come, heel, leash skills and dog-to-dog introductions. Learn troubleshooting techniques for common problems as jumping, digging, barking and destructive chewing. All dogs registered in class must be at least 4 months of age and fully vaccinated prior to starting class. First class meeting will be with owners only.

Instructor: Melissa Munoz

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	6:30-7:30pm	3/30	7	\$110
16 yrs +	Sat	10:30-11:30am	4/2	7	\$110

Learn to Meditate: Creating Peace Within **NEW**

Take a break from the mental busyness and enjoy the inner peace that comes from practice of meditation. Learn simple meditation practices that will bring a sense of balance, peace, and clarity into your life. No experience in meditation necessary.

Instructor: Kathia Rabelo

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	3/31	10	\$100



Nutrition Workshop **NEW**

Learn simple and easy weight loss methods tailored to you in these small group discussions. Lead by a registered dietician, gain the knowledge you need to be able to lose weight effectively, efficiently, and to keep it off. Please bring a pen, notebook, and calculator.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	6:00-7:00pm	3/29	4	\$45

Wellness Workshop

Do you want to lose weight, look great, and increase your success rate? Then this interactive, experiential, and informative workshop is for you. Be introduced to new skills, gain insight, solve problems and get resources. Some topics covered are: secrets to lose pounds fast, relationship success tools, super nutrition solutions and effective stress reducers.

Instructor: London

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:30-7:30pm	4/7	5	\$55

TEEN & ADULT CLASSES

SPORTS & FITNESS

Aqua Boogie

Dance the night away in a challenging cardio and resistance workout at Verdugo Pool. Enjoy easy-to-follow dance routines choreographed to Pop, Rock, Latin, Country and Oldies. Aqua Boogie combines traditional aquatic fitness disciplines with a party-like, safe, challenging cardio-conditioning and body toning workout. All levels.

Instructor: Deni King

Verdugo Aquatic Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Fri	6:30-7:15pm	4/1	10	\$75

Aqua Fit Morning Light

Tone, strengthen and gain flexibility in this moderately paced, low to no impact workout in comfortable, heated water at Verdugo Pool. All muscle groups are worked using water weights and noodles for balance and resistance training. Gentle to moderate cardio increases your stamina and promotes heart health. All levels including those with mobility issues. Weights and noodles provided.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Tue	9:30-10:30am	3/29	10	\$75
16 yrs +	Thu	9:30-10:30am	3/31	10	\$75

Aqua Trim

Have a blast working out in our comfy heated pool. Metabolism boosting, fat torching, heart-pumping session celebration of fitness. Gain flexibility, muscle mass and stamina using water weights and noodles (all provided). Low to no impact. Easy on the joints. All levels.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Mon	6:30-7:30pm	3/28	9	\$68
16 yrs +	Wed	6:30-7:30pm	3/30	10	\$75
16 yrs +	Sat	9:30-10:30am	4/2	10	\$75

Aqua Trim- Deep Water

Rev it up with this high intensity cardio and resistance workout. Floatation belts are worn to keep hovering in the deep end of the pool leaving the entire body free to work with weights and noodles. This invigorating and exhausting pool party will be the highlight of your workout week. Water weights, floatation belts and noodles are provided. All levels.

Instructor: Deni King

Verdugo Aquatics Facility

Ages	Day	Time	Start	Wks	Fee
16 yrs +	Wed	9:30-10:30am	3/30	10	\$75
16 yrs +	Thu	6:30-7:30pm	3/31	10	\$75



TEEN & ADULT CLASSES

30-Minute Shred

Jam packed series of short interval workouts that equal a full-body, fat-torching, cardio burn. We include H.I.I.T. (high intensity interval training) with Tabata rounds and track our progress over the 10-week session while we watch the pounds melt away. Bring a mat and weights (all other equipment provided).

Instructor: Karen Eldridge

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:00-6:30pm	3/29	10	\$40

Art of Pilates

This class uses both the bar and mat, joining traditional Pilates with the standing and sculpting power of dance. You will move with continual smooth core contracting circular motion to shrink the waist, build and lift the bust and derriere and define and strengthen arms and legs. Please bring a mat and resistance band.

Instructor: Kristan Sauter

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
17 yrs +	Sat	10:30-11:30am	4/2	9	\$63

Barre Sculpt

Unique and effective No-Impact barre workout class that everyone is talking about. Graceful dance conditioning at the barre, isometrics and interval training using balls, bands, and light weights, bringing the heart rate up while we deeply sculpt arms, abs, booty, and thighs, plus improve posture. Bring a yoga mat.

Instructor: Karen Eldridge

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	9:00-10:00am	3/28	9	\$54
13 yrs +	Wed	6:00-7:00pm	3/30	10	\$60

Box, Burn & Bliss

Gloves on... Channel the raging kick-boxer deep inside you with drills on authentic training bags, mixed with functional training using weights and the latest fitness props to build muscle, balance, endurance and confidence in a safe and friendly environment. The battle is followed by body flow stretching and mind-body connection. *Enroll in Tue/Sat for a \$21 discount. Registration for both classes must be completed on the same transaction for the discount to apply.

Instructors: Karen Eldridge

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:30-7:30pm	3/29	10	*\$65
13 yrs +	Sat	8:00-9:00am	4/2	10	*\$65

Butts 'n Guts & Wings 'n Thighs

Ready to work it? We will tighten, strengthen, and tone all of these areas. Stretching is included and will make you feel great when you leave. It's a fun and energetic class so come enjoy the workout while listening to current music. Bring a mat and weights.

Instructor: Anne Jackson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	6:15-7:15pm	3/29	10	\$70



Cardio Dancercise

This fast paced class includes a high energy warm-up, non-stop across the floor movement and easy dance choreography that will boost cardiovascular health, increase mental capacity and reduce stress. You will not be standing around in one place in this class because it's not exercise it's dancercise. All levels of dancers welcome. All students must have jazz shoes and tennis shoes.

Instructor: Teri Richardson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Tue	7:30-8:15pm	3/29	10	\$58

Cardio Fat Blast / 30 Minutes to Fitness

A fun and highly effective class combining cutting edge cardio with strength and endurance building exercises. 1. Burn fat/boost metabolism 2. Build lean muscle 3. Low-impact options/gentle for joints 4. Increase flexibility/injury prevention. All levels welcome. Weights provided.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:00-9:30am	3/28	9	\$45
11 yrs +	Wed	9:00-9:30am	3/30	10	\$50

Cardio Kickboxing **NEW**

This fun and energetic class includes kickboxing combinations, skipping rope, using gloves and soft pads, and stretching. You will gain self-confidence and perform one on one technique. All students must have tennis shoes. Gloves and soft pads provided.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:30-7:30pm	3/30	8	\$80

TEEN & ADULT CLASSES

Cardio Sculpt

Using the theory of muscle confusion, this class integrates variety into your workout so your muscles can continually adapt and you will stay mentally fresh. We mix it up with a short cardio routine, mini-circuits, weights, cardio blasts and plyometric intervals. Bring a mat and weights. All other equipment provided.

Instructor: Karen Eldridge

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	6:00-7:00pm	3/31	10	\$57

Core Sculpt

Draw on the body's core strength for an intense workout with no-to-very-low impact to your joints. Lots of balance work using deep controlled movement with light weights and the assist of a balance bar. You'll lengthen, strengthen, and sweat! Bring light weights and a mat. All other equipment provided.

Instructor: Karen Eldridge

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:30-7:30pm	3/28	9	\$51

Fat to Firm

Cardio Weight Loss and Body Sculpt

Join one of Burbank's best workouts that combine low or high impact cardio, interval and cardio weight training to burn-fat and build lean muscle safely and effectively. Increase your flexibility too. Michelle specializes in tailoring class for all fitness levels for safety and effectiveness. Please bring a mat.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Tue	9:00-10:00am	3/29	10	\$60
11 yrs +	Thu	9:00-10:00am	3/31	10	\$60



Fitness Balls - Core/Back Strengthening

Learn how to relieve back pain with stabilizing exercises with a Swiss Ball. The Swiss Ball is a really great way to strengthen core and back muscles that in turn protect your back and prevent injuries. You will be required to bring a Swiss Ball (size large) to class.

Instructor: Charleen Gosling,

Certified Personal Trainer (A.F.A.A.)

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	9:00-10:00am	3/31	9	\$68



Flexibility Class

Training for flexibility requires moving in the full range of motion of our joint anatomy. Developing a healthy range of stretch allows us to "bend" and move with greater ease while keeping the muscles supple and responsive to the demands of daily activities and exercise. Bring a yoga mat, a towel for head and knee support and a yoga strap (a neck tie will do).

Instructor: Charleen Gosling,

Certified Personal Trainer (A.F.A.A.)

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Fri	9:30-10:30am	4/1	9	\$68

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Sat	10:30-11:30am	4/2	9	\$68

Pilates = Weight Loss + Strength

Experience Pilates and dramatically reshape and strengthen your body. A unique blend of Pilates and new innovative exercises targets the core, arms, legs, and buns along with stretching to promote flexibility. Michelle specializes in tailoring the workout for individual fitness levels for safety and effectiveness. Weights provided. All fitness levels welcome. Bring a mat.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Mon	9:30-10:30am	3/28	9	\$72
11 yrs +	Wed	9:30-10:30am	3/30	10	\$80
11 yrs +	Fri	9:30-10:30am	4/1	10	\$80

Piloxing®

Piloxing® cardio fusion workout burns maximum calories, builds lean muscles and increases stamina by uniquely mixing Pilates, boxing and exhilarating dance moves. It's a super fun, fat-blasting, muscle-sculpting, core-centric workout. Optional ½ lb. weighted Piloxing® gloves enhance the workout by further sculpting arms and increasing cardiovascular endurance. Bring a mat.

Instructor: Karen Eldridge

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	9:00-10:00am	3/30	10	\$60
13 yrs +	Wed	7:00-8:00pm	3/30	10	\$60
13 yrs +	Sat	9:30-10:30am	4/2	10	\$60

TEEN & ADULT CLASSES



Stroller Strides®

Stroller Strides® is stroller- based fitness program for moms with little ones (6 weeks-4 years). Each 60 minute workout incorporates walking or jogging, cardio, strength, songs and activities. Fitness instructors are certified in prenatal and postnatal fitness and provide modifications to keep all fitness levels challenged. Its fitness and friendships for mom and fun for baby.

Instructor: FIT4MOM, Kat Guessard

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	9:30-10:30am	3/29	4	\$40
18 yrs +	Tue	9:30-10:30am	4/26	4	\$40

Weight Management Challenge **NEW**

Each person will receive a BMI, muscle percent and fat percent test at the beginning and at the end of the session to measure progress. This is a strength training class incorporating hand weights and exercise bands to sculpt and tone your entire body.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	9:15-10:15am	3/30	8	\$80

Zumba + Cardio Dance

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). Ditch the workout, join the party – try Zumba today.

Instructor: Bodygroove, Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:30-8:30pm	3/30	10	\$80

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:30-8:30pm	3/28	10	\$80
13 yrs +	Tue	10:00-11:00am	3/29	10	\$80
13 yrs +	Tue	6:00-7:00pm	3/29	10	\$80
13 yrs +	Thu	10:00-11:00am	3/31	10	\$80
13 yrs +	Thu	6:00-7:00pm	3/31	10	\$80

Zumba Cardio Dance + Pilates

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out. Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). The class will end with 15 minutes of Pilates to build core strength. Ditch the workout, join the party- try Zumba today.

Instructor: Bodygroove, Hollie Lee

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Sat	9:15-10:15am	4/2	7	\$56

Zumba Toning with Lightweight Sticks **NEW**

Learn to use lightweight, maraca-like toning sticks to enhance rhythm and tone all the target zones. You will have so much fun, you will not even know you are working out. Ditch the work out and join the party.

Instructor: Bella Fitness

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	7:45-8:45pm	3/30	10	\$80

Zumba® with Michelle - 30 minutes

Exercise in disguise. It's a blast, easy, and effective. The great blend of music and easy-to-follow dance moves burn fat and boost your metabolism safely and effectively. Strengthen the most important muscle in the body-the heart. All fitness levels welcome.

Instructor: Michelle L'Heureux Wilson

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
11 yrs +	Fri	9:00-9:30am	4/1	10	\$50



TEEN & ADULT CLASSES

YOGA

Gentle Yoga

Want to relax and shut down your brain but feel you just aren't able to? Learn how to relax and then put it into practice through breathing techniques, good posture, stretching, and restorative postures. Please bring a yoga mat and a towel.

Instructor: Anne Jackson

Olive Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	7:00-8:00pm	3/28	9	\$54

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:00pm	3/31	10	\$60

Kundalini Yoga for Youth and Joy **NEW**

Start the spring season with a fresh outlook based on the teachings of Yogi Bhan. This class will leave you feeling healthy and energetic, with a renewed enthusiasm for life. There will be some classical Hatha sequences included along with breathing and meditation exercises. Please bring a yoga mat and blanket.

Instructor: Juliet Kaluzniacki

Verdugo Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Thu	7:00-8:30pm	3/31	8	\$80

Yoga Basics

Restore and bring balance back into the body. Yoga benefits all by encouraging flexibility and building strength. In this class, we move through basic yoga poses, linking breath to movement and focusing on proper alignment. Sequences of movement (vinyasa flow) are also incorporated. Yoga Basics is a rejuvenating class, a way to de-stress and unwind at the end of the day. All levels are welcome. Please bring a yoga mat and towel.

Instructor: Lisa Ashby

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Thu	7:30-8:30pm	3/31	8	\$64



Yoga – Flexibility, Stress Reduction

Want to feel great at the end of the day? Instruction in yoga postures incorporates various stretching, breathing and relaxation techniques contributing to the well-being of the total self. Comfortable clothing suggested. All levels welcome. Bring a mat, large towel and a non-flexible strap. **Mon/Wed 5:45 p.m. classes may be taken together for a \$9 discount. Register for both classes on the same transaction for the discount to apply.*

Instructor: Paulette Cole

Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Mon	5:45-6:45pm	3/28	9	*\$54
18 yrs +	Mon	7:00-8:00pm	3/28	9	\$54
18 yrs +	Tue	7:00-8:00pm	3/29	9	\$54
18 yrs +	Wed	5:45-6:45pm	3/30	9	*\$54
18 yrs +	Wed	7:00-8:00pm	3/30	9	\$54
18 yrs +	Thu	7:00-8:00pm	3/31	9	\$54

Yoga + Pilates for Health & Vitality

Class will cover basic postures, proper alignment and breathing technique, then moves on to a series of yoga poses to build heat inside your body. This is a classic yoga class with detailed instruction. Please bring a yoga mat, a towel and 2 yoga blocks (blocks can be purchased from instructor). All levels welcome except Wednesday class is not for beginners.

Instructor: Bodygroove, Hollie Lee

McCambridge Recreation Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Wed	6:00-7:10pm	3/30	10	\$80

Ovrom Community Center

Ages	Day	Time	Start	Wks	Fee
13 yrs +	Mon	6:00-7:10pm	3/28	10	\$80
13 yrs +	Tue	11:00am-12:00pm	3/29	10	\$80
13 yrs +	Tue	7:15-8:25pm	3/29	10	\$80

Yoga, Strength Training

This class will include instruction in stretching, relaxation and self massage for wellness. Classical yoga postures will be adapted to the individual's needs. 2lb. hand weights are optional and tennis shoes are required for first hour. Please bring yoga mat. **Classes may be taken together for a \$10 discount. Register for both classes on the same transaction for the discount to apply.*

Instructor: Susan Quon

Joslyn Adult Center

Ages	Day	Time	Start	Wks	Fee
18 yrs +	Tue	8:00-9:30am	3/29	10	*\$80
18 yrs +	Thu	8:00-9:30am	3/31	10	*\$80